

Eat your way around Dunbar!

East Lothian is known as the garden of Scotland as its fertile soil and mild climate make it ideally suited to food growing. A number of community gardens have recently been established in Dunbar and this cycle tour will take you round some of them. A number of sites where food can be found growing wild have also been identified. Only pick food that you recognise and if it is on private land you will need the owner's permission.

The Sustaining Dunbar Incredibly Edible project is reconnecting people to the land and its produce, making it easier for everyone to grow and enjoy local food. Sustaining Dunbar is excited to be working with new social enterprise The Ridge to develop ideas for teaching horticultural and rural skills in East Lothian. To find out more visit www.the-ridge.org.uk



Get about by bike

This series of cycle routes is designed to encourage families and individuals to get out and explore Dunbar. Or why not take a leisurely walk round our route instead?

Extra copies of this map can be downloaded and printed from connectingdunbar.sustainingdunbar.org

Spokes, the Lothian cycle campaign, produces a clear and comprehensive cycle map of East Lothian which can be purchased online from www.spokes.org.uk or from local shops.

East Lothian Council produce a series of walking and cycling maps to help you explore the county. For more information and to download leaflets visit www.eastlothian.gov.uk or www.visiteastlothian.org.

This leaflet is not a substitute for using a map. Every effort has been made to check its accuracy at the time of publication but Sustaining Dunbar is not responsible for the consequences of errors. However, we welcome any suggestions for inclusion in future editions.

Find us on Facebook:
Incredibly Edible Dunbar



More information available from
Sustaining Dunbar,
16 West Port,
Dunbar, EH42 1BU
Tel. 01368 866 920
www.sustainingdunbar.org
Sign up online for regular updates.



Cycle tours in and around Dunbar



Incredibly Edible Dunbar



Explore Dunbar's community gardens, allotments and food producers

10km, 6.2miles. 50mins
leisurely cycling plus stops



Dunbar Grammar School Community Chicken Coop and allotments is a training facility for budding chicken keepers. Local families take turns to feed the chickens and collect the eggs to take home. Since 2008 pupils and staff at Dunbar Grammar School have been growing and harvesting their own food in the **polytunnel** and learning about food production.



Dunbar Grammar School polytunnel

Winterfield Park Edible Hedges
Edible hedges in the park will contain sloes, blackberries, hazelnuts and rosehips. Strawberries are grown beside the tennis club house.

Church Street Vennel Garden lay derelict for many years until 5 local families got together to clear the rubbish and cut back the shrubs. They are now using the space to grow food for their tables.
Dunbar Harbour: A working harbour and important contributor to the local economy.



Dunbar Allotments
Established in July 2010, over 40 local families rent land and grow their own.

Belhaven NHS Garden
The garden at Belhaven Hospital provides a therapeutic space for patients and their carers, with a sensory garden of lavender, honeysuckle and roses, an orchard of plum, apple and pear trees and vegetable plots.



Sensory garden under construction

Raspberries and Brambles grow wild along the side of Kellie Road in late summer/early autumn. There's also **wild garlic** in Lochend Woods (by the old wash-house). In early May, the wild garlic is in bloom in the woods. Its leaves can be harvested and used like spinach.